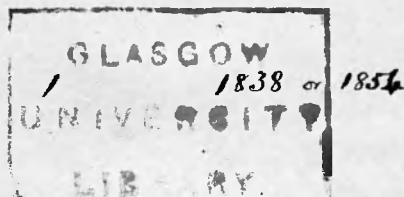


James Young



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Three James Yumps have received the
M.D. Degree - one in 1838 (and
two in 1854.

From the appearance of this
Book I should think it is the
one of 1838.

WJH

5/2/92

Dyspepsia

This disease seems to constitute the primary source, from which springs the greater number of those diseases which affect the body & torment the mind. And therefore it is of the most extensive bearing, and of paramount importance, not only to the mass of health, but to almost every individual in civilized life, to enquire into the nature of this Malady, so that by a strict attention to those laws which Nature has provided for the preservation of health.

That man would be more enabled to ward off a multitude of those Maladies; that but for his ignorance man injury upon the vitality of his Constitution.

It is a Malady which has no partiality for one class of individuals, more than another. It visit the Monarch as well as the meanest of his subjects. the Splendid Palace, as well as the Wood of Fittth.

The possession of the highest moral attributes, or of the greatest amount of power, or even of the accumulation of wealth, cannot impede the onward progress of this wide spreading Malady.

It is propagated by the aid of so many causes, and presents such a diversification of forms - produces so many different and contrary effects, That we are almost at a loss how to name it, or to describe its ever changing

features. If this be a correct Character of the Malady, If under such a variety of Circumstances, and brought into action by such a Multiplicity of Causes, this same Malady should be found to afford such different Characters, and produce such a diversity of phenomena, there must surely be some link of Connection. Some general error - some predisposition inherited by all, which can thus place the High as well as the Low - the Rich as well as Poor, the Virtuous as well as the Vicious, upon one common level in regard to a particular affection of body & mind.

Previous to entering upon the Consideration of Dyspepsia. Its Causes - Symptoms & Treatment

It will be necessary for me first of all, to lay before you the healthy process of Digestion, as without a proper knowledge of this process we can form but a dim Idea of the Nature of unhealthy digestion.

The Conditions of healthy Digestion are the following - The food ought to be well masticated by the teeth and then propelled into the Stomach incorporated with a quantity of Saliva. In the Stomach the mass should be reduced to a semi-fluid Consistence, by being applied to the internal surface of the organ, and thus converted into a uniform pulp called Chyme by the gastric secretion or some vital power of which we are ignorant & suspect

moved forwards to the Pyloric Orifice, through which it
 is gradually propelled into the Duodenum (The Muscular
 power of the Stomach is of course the Agent of moving for-
 wards the layers of digested Matters) It is then mixed with
 the Bile, the Pancreatic Secretion, and the intestinal mucus
 in consequence it would appear of which admixture the
 whole is separated into two parts viz. the Chyle or
 Nutritive portion of the food. And the excrementitious portion
 the former of which is now in a fit state to be taken up by
 the Lacteal vessels, which open upon the mucous surface
 of the Canal, and is transmitted thro. them to the Mesen-
 teric Duct, and then to the Circulation - And the latter
 is conveyed thro the Canal by the regular Peristaltic action
 and evacuated by Stool.

The length of time necessary for this process, and the degree
 of perfection in the process itself, vary in different individ-
 uals. And at different times, in the same individuals, accord-
 -ing to the vigour of the organ, the Nature & quantity of the
 Aliment, and the state of mind & body during the period
 of digestion, but the time in which the whole operation
 may be said to be completed, varies from two, to four, or five
 hours. However it is found that liquids disappear much
 more speedily, either by direct absorption or thro the Pylorus

From the above description it will be obvious that,

that Slow and Complete Mastication of the food into a State of minute division, is in full harmony with easy & perfect digestion. For the slowness of eating is a preventative of repletion, by drawing the action of the gastric fluid from the Stomach to the food, and thus diminishing the Appetite or sense of hunger. It will also be evident, that the admixture of a large quantity of fluid with the food must greatly impede digestion, not only by over distending the Stomach, but by deducting so much the gastric secretions.

I shall now proceed to the Consideration of Dyspepsia - Which is evidently a derangement of the Natural process of digestion, and assimilating our food, and more especially a faulty performance of the functions of the Stomach.

The CAUSES of this disease seem to me principally to arise from two main sources, VIZ. *Gluttony* on the one hand & *Restraint* on the other. we find in the first place, that in those Clases of Society where the Luxuries of the table are too freely indulged in, a great want of that Temperance which is absolutely requisite that every man should possess to give unto Nature that quantity & quality of food so as to enable her to perform the healthy process of digestion, & thus to render man's existence comparatively happy upon earth.

However in looking around us we can easily perceive a great want of that Knowledge, which the Author of all good has given us for the promotion of health. It would appear that man has a greater desire to form Com-
-panionship with disease, than to look upon it as being the enemy of health. For he does not only indulge in the use of those things which Nature shrinks at, but he over-
-loads it with such a variety of Vitiating Substances, as to clog the healthy functions of the Digestive Appar-
-atus. And hence he nurses an Cancer Worm in the vitals of his Constitution - Therefore it would require man to have a perfect Knowledge of himself. And like-
-wise a Knowledge of the effects which is produced upon his Constitution in giving vent to the yearnings of an insatiable desire which has precipitated thousands into the dull languor of a protracted disease.

It would appear however that altho, man's history is embellished with a multitude of deaths, resulting from the debility which Gluttony has established in his Constitution, that we still find as many as they walk along the path of life, eating & drinking sum-
-ptuously, overloading & destroying the powers of Nature sowing the seeds of disease in their system, nourishing those seeds by further indulgence in Luxury & vice, till at,

at length those seeds become developed, and they drop down into a germinative grave, there a world appear did not content themselves with Nature's kindly fare which is so well fitted to carry on the healthy process of digestion but drank those Stimulating fluids, and ate those vitiated Solids, which bore afunder the harmonious workings of Nature, and presented them to the world as rebels against the Central Organ of there System,

Every Substance therefore, whether medicinal or dietetic which is Applied to the Stomach, induces an action in the nerves, Blood-vessels & fibrous Structure of that organ which is called excitement, and the Aptitude or Capacity of the Stomach for the production of this action is called its excitability, if the Substance Applied be of a healthy quality and in proper quantity, it produces a Salutary excitement, but if the Substance introduced into the Stomach be of improper quality or improper quantity, and the action produced will be raised from a Salutary excitement to an uneasy irritability, if these irritants continue to be Applied to the Stomach the result indicated are shown by pain & disordered function of the organ itself.

There is for instance no organ of the body which is not directly or indirectly affected by the Operations

Operations of the Stomach, & represents the great moving power of a vast machine, which when it comes in contact with any foreign body breaks up the harmonious workings of all the minor parts connected with it and incapacitate the general Machinery from performing its healthy functions. We shall cease to wonder that an impression made upon it by any medicinal Agent or by any Elementary Substance should afford the means of exciting an action in the most distant parts of the System, nor can we be astonished that the Alterations of this Central Organ, should give rise to the greater Number of those Mental & Bodily Maladies which break up the equilibrium of the System. And a still greater wonder is (altho' it only tends to show us the Masterly Construction of that System), that altho' disease is communicated from the Central Organ by means of its great Sympathetic Telegraphs to the most remote parts of the bodily empire, still we find that thro' ^{the} wisdom of its Governor, that those medicinal Applications should be so effective which are directed for this line, thro' the same Medium of its Sympathies, showing that the Sympathetic power which conveys the disease is likewise calculated to convey the cure to those remote parts, if that remedy is applied to that

to that Sympathetic Agency,
Destitution next follows with a train of emaciated
 Attendants, with pale Sallow Complexion depicted upon
 their Countenances, injured Digestive organs which
 they had tried to nourish (Tho in vain) upon the bustle
 or refuge of the necessities of life accompanied with the
 indulgence of the most atrocious vices which human
 Nature is susceptible of - Picture the man confined to
 his bed, whose entire exists with the miasma
 of filth, destitute of those means which are alone
 calculated to fortify his Constitution against
 the approach of disease. In these circumstances we
 find that these individuals hardly or ever breathe
 the pure atmosphere of heaven. Therefore consider
 every thing that can amount of injury
 must be inflicted upon Nature, while we see her
 in the state deprived of that nutritious diet, which
 when taken in due quantity & quality, disseminates
 health & vigour to every part of the System, we like-
 wise find that those destitute creatures walking
 the streets of our cities with clothing of the most
 inferior character exposed to atmospheric im-
 -purity, breathing the smoke & situated at-
 -mosphere which overhangs them, confined

Compared to occupations of a Sedentary Native
wasting their Strength for that which is wrought
in the use of those Stimulating & Jovianist
Junks, which lays prostrate the powers of the
System, and frustrate the designs of Nature in
the performance of her Native functions
along with these I can observe another System
prevalent amongst the poorer Classes of this Coun-
try, which I alone can attribute to the want of a
right regulating principle upon their part. We
find certain individuals, whenever they become
possessors of a little money, consider it their duty
to enjoy it while they have it - hence they go on
to load the Stomach with an overabundance
of food & drink, having their days of plenty &
days of want, with these irregularities another
source of the disease is presented to us, viz.,
the Stomach overloaded with too much food

And third reason for doing so, is that plenty
of food being a rare occurrence to them, they think
it but right to improve the opportunity, when
they have it, tho, it be to excess. After those days
of plenty have disappeared, they bring themselves
down to the Starving System, and in these

And in these Circumstances, they are forced to purchase inferior articles of diet, to meet their diminished pecuniary resources. And under this System of living, it has a strong power of weakening & destroying the functions of digestion -

Dr Johnston observes, that under poverty - bad food - bad air - bad drink - & bad Occupation that there is, scarcely an individual in this Land of Liberty & Prosperity. - In this Kingdom of - Slaves - Colonies & Commerce, who does not experience more or less of this English Malady, or morbid insensibility of the Stomach and bowels.

These Causes taken in Connection with others of a minor Character form the principal Sources of Dyspepsia. And are proved to be so by the Multitudes who daily come to our Dispensaries for Advice.

Symptoms

1st Anorexia - or want of the Natural Appetite which sometimes appears to be the only Symptom visible, the patient feels the fastidious he occupies, for he even begins to shudder at the very thought of meat, and seems to look upon it with such repugnance and disgust as a person would do upon the putrid remains,

remains of a dead Animal. There has been a great deal of Speculative reasoning held out by Some Authors as to what is the immediate cause of Hunger, Some suppose it to consist of the action of the Gastric juice upon the Surface of the empty Stomach. This I Consider erroneous for while the Stomach contains no food & is inactive no Gastric fluid is secreted, but immediately on the introduction of food into the Stomach the Gastric glands commence secreting actively. Neither does the feeling of Hunger (as some suppose) depend upon the Contractions of the Muscular fibres of that Organ, for it has been clearly demonstrated that in the absence of disease, that the empty Stomach is always contracted upon itself. I would rather prefer the Opinion laid down by Dr. WATSON, that the Sensation of Hunger like all other Sensations proceed from a particular Condition of the Nerves which are distributed to the Organ. Hunger is periodically indicated, Showing that Nature stands in need of Nourishment. It no doubt therefore is sensibly affected by an Agency which operates upon or thro' the Nervous System, for we find that the news which informs us of the death of a near & dear relation will destroy the keenest Appetite in

in a minute - but it has been found in some cases that this Symptom was entirely wanting and replaced by a Morbid & Craving Appetite. However when Anorexia is the only Symptom present (tho it is often accompanied by others) that it may be removed by the employment of Bitters or the Mineral acids taken twice or thrice daily - likewise Zinnia - Columbo - Gentian - Quassia diluted Sulphuric & Nitric Acids, which possess great powers in invigorating & correcting the vitiated state of the Stomach.

2^d Nausea & Vomiting are the next two Symptoms and among all the Symptoms indicative of Dyspepsia and terminating in the most disastrous results we find Nausea & Vomiting hold the most prominent position. These sometimes take place instantly after taking food and sometimes they do not take place for some hours. Dr Elliottson says that the matters vomited may either be the simple food, which has become exceedingly sour and acid, or Fetid, or it may be Bile and when it happens to be Bile Dr Watson says that the patient is apt to ascribe the whole of his Complaint to an overflow of Bile, altho he seems to think that the Secretion of the Bile has nothing

Nothing to do with it. And the same Author proceeds to say, that the same idea is not infrequently held by some Practitioners that Dyspepsia very commonly depends upon a disordered state of the Biliary Organs.

Vomiting may take place owing to when the Stomach is labouring under morbid irritability, which is more and then troublesome, but in many cases it may be mitigated by an admixture of Carbonic acid, more especially when given in the form of the saline effervescent draught made up with the Carbonate of Potash and Lemon juice, or else the Mineral acids, sometimes answers better, or it may perhaps be requisite to give Alkalies as the Liquor Potassae or lime water in these latter cases. Says Dr Watson, we may conclude that there is a Morbid acidity of the Stomach, and he proposes to give small doses of Opium, which he says are sometimes successful when other means fail - opiate emulsion - opium plasters to the epigastrium, and blisters applied to the same part, but there are two special remedies which has been greatly applauded by some Authors for the powers they possess of abating Secretion viz Hydrocyanic acid & Creosote.

But the Treatment laid down & observed by

by Dr W. Hunter for Chronic Vomiting, is of the greatest importance. He was of opinion that by reducing the quantity of food to that Amount, whatever it might be, which the Stomach is able and willing to retain, and making its quality as bland & Nutritious as possible was the means by which these Symptoms could be dissipated.

Inflatio - Ructus is a troublesome Symptom occasioned by the extrication of air from the food when the Digestion is in an unhealthy State, or it is sometimes secreted apparently by the Stomach itself - for the flatulence even comes on when the Stomach is empty of food - Sometimes these eructations are very offensive having the smell of rotten eggs, this indicates very great derangement of the digestion, this is supposed to arise from the decomposition of Animal Matter, and has been relieved by the use of Pharmacopoeial diet. In general flatulence arises from the fermentation of vegetable Substances in the Stomach and intestines and is relieved by avoiding vegetables which are found to disagree with the Patient. The Wind makes its way both upwards & downwards, and often causes an uneasy feeling of distention in the Stomach & bowels. It is generally got rid of only by restoring the digestion to a healthy State, but sometimes it requires that something should be done in order to palliate it when it is urgent. Carminatives, such as Peppermint water - or Anise or Cardamoms or

or Ginger, or the essential oil of Chamomile, dropped on Sugar or given in the form of Syrup - a little Rhubarb & Magnesia with Ginger that this if taken in Peppermint Water is one of the most efficacious, or also the oil of Peppermint dropped on Sugar - or the Pills of Aloë with Asafetida two for a dose.

We find that Indigestion sometimes is attended with no pain And at other times with pain of a very tormenting kind - Cullen speaks of it under the terms, *Cardialgia* and *Gastrodynia* - "*Cardialgia*" or "heart burn" is a disagreeable sensation proceeding from acidity of the Stomach from which there are frequent vomitings of Sour flatulence, a discharge of Water with a burning heat at the part of the Stomach. It is a very obstinacious Symptom and is not easily removed. It has its chance of abatement or cure like the other Symptoms of Dyspepsia by air exercise & proper diet, but it is also to be palliated by giving such Substances as will combine with an acid in the Stomach and form a tasteless & innoxious Salt. These consist of what is called absorbent earths, principally lime in the form of lime Water, or Chalk & Magnesia, either Calined or united with Carbonic acid. The lime is to be preferred if the bowels are too open, and the magnesia if too Costive, the Articles of diet which are found by

by exposure to produce heart-burn will be avoided by a patient who prefers long ease, to transient gratification.

"Gastrodynia" is that more severe, and usually, more transient pain which is commonly denominated Spasm or Cramp of the Stomach.

Dr Abercrombie has made some useful & practical observations in respect to pain of the Stomach - he has laid down four different forms. In the first form (he says) people suffer pain occasionally when the Stomach is empty even when there is no flatulence, and they are comforted and relieved by taking food. It is to be supposed that the variety of the pain depends upon some degree of acrimony of the secretions of the Stomach & that this State is often removed by the use of Alkalies, or Absorbent Medicines, a teaspoonful of the Aromatic Spirit of Ammonia or a table spoonful of the liquid Magnesia in a Wine glass-ful of Camphor Julep.

The Second form, is where the pain occurs immediately after taking food - and is felt as long as the process of digestion continues, or until vomiting takes place which unburdens the Stomach of its load of acid Substances and which procures immediate peace & ease to the suffering Invalid.

In such cases says Dr Watson one may often be heard

lead to suspect the presence of inflammatory action creating some undue sensibility of the Membranes of the Stomach - Dr James Johnston says that he has found the Nitrate of Silver exceedingly serviceable against the morbid sensibility when administered cautiously and in small quantities. But Dr Elliotson says that we have sometimes a worse state of the Stomach, than that represented by Dr Watson, for he says that the Cardia or the Pyloric division, of the Stomach may become the seat of ulceration, and may either be simple or of a scirrhus character.

Third Form - Is where the pain does not begin till from two to four hours after the meal has been taken, & continues for a number of hours afterwards. Some Authors are of opinion that the primary seat of the disease is situated in the Duodenum, and associated with inflammation or with a diseased state of the mucous lining of that part of the intestines. And the symptoms which it generally presents is pain & tenderness of the right Hypochondriac region, and sometimes the Liver. Altho, Dr Abercrombie is of opinion that the Liver is sometimes blamed, falsely. Dr Watson says that he does not believe, that the seat of the pain is situated in the Duodenum, but rather he says that it depends upon

upon acidity in the Præmæ Ueræ

Some Chemists have Ascertained that the acid which is present in the Gastric juice is the Muriatic - Dr Jungli-
 = son found in the Gastric fluid free Hydrochloric and Acetic Acids - Phosphates. & Hydrochlorates of Potash = Soda - Lime & Magnesia - and an Animal Matter which was soluble in Cold - but insoluble in hot water. the quantity of free Hydrochloric acid which he obtained by distillation seems to have been large - Dr Prout as well as other Chemists have satisfied themselves of the existence of this acid in the Gastric fluid of the Rabbit - Hare - Horse. Calf & Dog - And Dr Prout looking to the blood as being the reservoir from which this acid is obtained, owing to the Amount of Common Salt which exists in it. And that the decomposition of the Salt is owing to the immediate Agency of some Modification of Electricity, he proceeds with giving the following Comparison, That the principle Digestive Organ represents a kind of Galvanic Apparatus, of which the Mucous membrane of the Stomach & intestines may be considered as the Acid or Positive Pole. Whilst he makes the Sympathetic System to represent the Alkaline or Negative Pole.

Dr Abercrombie says that you may generally

generally mitigate or remove this kind of pain by the introduction of an Alkalie into the Stomach whereby the acid is Neutralized. The Librarian says that he has found Nothing of more general benefit in these cases - as the Sulphate of Iron combined with one grain of aloes & five grains of Aromatic powder, taken three times a day, Librarian Lime Water which he gives great relief to, also Opium - with Bismuth & Rhubarb in combination.

The Spasmodic form of pain in the Stomach occurs at uncertain periods with most violent paroxysms and is termed GASTRODYNIA. Dr Abercrombie supposes it to depend upon over distension of the Stomach, owing to the great amount of air extricated, the pain is not solely confined to the Stomach but is to be felt in the back & between the shoulders And he says that he has observed the most effectual relief in such cases to have been obtained from exciting a brisk action of the bowels with Purgative enemata - He likewise recommends a Mustard Poultice to be put upon the Seat of the pain - Opium - (he says) is of great benefit & likewise Bismuth & Cordials - but Hydrocyanic acid gives a more rapid & decided relief than any thing that can be administered.

There is yet Another Modification of uneasiness and disorder of the Stomach which is called Pyrosis or Water Brash, which is the discharge of a thin watery fluid from the Stomach - with vomiting & a sense of heat at the region of the Stomach and is usually, unrefreshed & tasteless and often described by the patient, themselves, as being cold. It is not unfrequently one of the symptoms of Dyspepsia. It seems to be particularly common in this Country owing to the large amount of farinaceous Substances which are used as food especially of Pot Meal & Corn, or in grassing, usually, when the Stomach is empty. The Patient perceives a grain at the pit of his Stomach with a sense of tightness, and this is increased by the erect position, and accompanied with a sense of constriction as if the Stomach was drawn towards the back, when the grain has continued for some time it is succeeded by vomiting, and the discharge is of a thin watery consistence, sometimes acid. Some Authors, think that this Complaint often occurs without any other evidence of Dyspepsia. Altho Dr Watson ^{Says} that this opinion is not consistent with the experience of other Authors, for he is of opinion that it is sometimes a Symptom, or organic disease of the Stomach. He

He gives a case where that the Stomach had been pressed upon by an enormous Liver when that the patient had vomited up three pints of this tartly fluid every day. And it was found after death that the Stomach presented a quite healthy appearance. And the same Author, says that if this disease is not caused by organic disease in the Stomach or in the Liver it may in general give way to opium & especially when combined with astringents, if Constipation of the bowels should exist. An aperient may be given daily - Castor Oil - Confection of Senna or Cathartic extract.

COSTIVENESS either as a cause or as an effect is a constant Companion of Dyspepsia, and altho, no derivation from the State of Health requires greater discrimination or more precise & correct rules of practice, and it must therefore be admitted, that the treatment of this frequent, and sometimes dangerous Complaint is sadly mismanaged, more however by the unwillingness of the patient, than by the want of caution in the Practitioner. **COSTIVENESS** is a sluggish state of the bowels which often aggravate, if not produces Dyspepsia, at all event, we find that in many cases, measures which promote the regular & healthy

evacuations of the intestines often prevents further easeiness & Dr. Watson observes that in the using of these means we should try to imitate the process of Nature as far as possible.

But on the other hand we sometimes have Diarrhoea taking the place of Costiveness, this must however be treated by those measures which are usually employed for that purpose.

In tracing out the progress of this Malady it is wonderful to see the Number of other organs which sympathize with the Dyspeptic Stomach, thus we have pain in the head - accompanied with grossness & mistiness of thought - ringing in the ears, in a word the mind is deprived of its healthy energies, & Nature's quickness of perception accompanied frequently with Nausea & Vomiting.

Dyspepsia is often found associated with other diseases viz. Phthisis - Leucorrhoea - Amenorrhoea & Chlorosis, and some Authors suppose these to be caused by Dyspepsia, but Dr. Watson observes that Dyspepsia may lead indirectly to the development of Consumption, owing to the general debility which it produces, but he rather seems to think that these diseases are the consequences rather than the cause. "But I look (says the same Author) upon the Congruent state of the mind - deprived of its Native energy's one of the most occasional attendants of Dyspepsia Cullen" has given the following definition: Cum =

Cum. Languore, - maestitia et metus ex. Causis non
 Regens. and he further completes the picture by saying
 that certain persons possess a State of mind which is
 distinguished by certain Circumstances viz. Languor
 which he terms a deprivation of desire and a want
 of proper resolution & activity with respect to all
 great principles. The mind seems to be like a dull
 darkness of sadness where the gloomy forebodings of
 impending evil has obliterated the seat of intellect. He
 makes the future a source of black Apprehensions
 suspects his dearest friends of treachery, and every
 thing to him tho even upon the slightest grounds, seems
 dark & pregnant with awful results to himself, and
 if the thought of death should happen to cross his
 mind it forms the primary plague which torments
 & raises an accumulation of uneasy sensations in the
 mind of the Hypochondriac, and we find that
 when the mind is thus occupied with these dark
 delusions, that all the powers of the Charmer, &
 the clearest arguments, which may be brought to
 bear upon the mind, will have but little power, in
 drawing them from these obstinate belief & persuasion
 Previous to entering upon the Treatment, it
 will be necessary for me to take Notice of the State of

of the Urine which Sometimes takes place from faulty digestion - Sometimes from the faulty Assimilation of the digested aliment, in the more advanced Stage of the process of Nutrition. The examination of the urine is at all times a Matter of Considerable importance, its appearance will not only assist us in forming a judgment respecting the Seat of the Dyspeptic disease but if carefully watched from day to day, will point out the beneficial Changes which our plan of treatment has produced. It will likewise give us an Idea of the Kind of food which agree best with the patient, which is generally announced by the obvious Changes in the urinary deposits - I will therefore content myself with placing before you the three divisions laid down by Dr. Prout, The first of these is the Yellowish or Nut Brown Sediment - the Second is the reddish Brown or Latentious Sediment - and the Third is the Pink Sediment - the first of these says Dr. Prout, indicates a strong tendency to the Lactic acid Acathesis, altho, in some cases, an Opposite State of the System prevails, And an alkaliescent Condition of the Stomach & bowels, may be suspected to exist, altho, he says, in general the nearer such Sediment approach to white the more of the Phosphates they contain, & he proceeds

He proceeds to say that the second variety of Sediment varies in tint from nearly white, in which state it is with difficulty, distinguished from the last variety, to a deep brick red or brown, this seems to indicate Phlogistic fever, or very frequently of local inflammatory action. The same Author, observes that the third variety owes its colour, principally to the Purpurate of Ammonia its presence indicates the existence of Chronic visceral Affection especially of the Liver.

Dr. Paris found albumen present in the urine of a few Dyspeptic patients, but he was of opinion that it proceeded from the Chyle. This seems likewise to be the opinion of Dr. Prout. The presence of it however can be easily distinguished by having recourse to the usual Tests viz. Heat - and Nitric Acid, I therefore consider that if these States of the urine be attended to that they will greatly assist the Practitioner in forming a clear diagnosis of Dyspepsia, when taken in Connection with the other Symptoms already enumerated.

Treatment

To maintain health it is not only necessary that we should supply the Stomach with that food which will support life, but also that quantity, quality, periods at which it is received should be regulated. The propriety of this attention to diet, even by the robust cannot be questioned, as it is self evident that the Sufficiency & purity of the blood must be dependent upon the Material from which it is manufactured &

And with the Constancy ^{26th} with which they are supplied.

It is an Old Maxim and I believe it to be true, that an individual should always rise from eating with an Appetite for certainly that quantity of food which satisfies the Appetite should never be exceeded. And those who wish to enjoy life must not overload or overtax by any momentary gratification which the pleasures of the table may afford. That organ upon which depends in so great a degree, their Capacity for all enjoyment. But the Practitioner in laying down such a regulating System as the above will find great difficulties in securing a strict Attention to it. For we find that it is the great desire of the Dyspeptic Patient to be relieved from those uneasy sensations which his System of living has produced, without at all interfering or prohibiting his former & much loved indulgences. Such an individual reminds me of the Authenticated fact, of the Dog which returns to his Vomits, or the Sow that was washed to its Wallowing amongst the Mire - Therefore the great principle that should regulate our treatment of Dyspepsia is that of restricting the quantity of food taken at any one time. And I think the rules laid down by Mr Abernethy are worthy of Consideration (He says) believing the Stomach & other organs of digestion when disordered to be in a State of weakness & of irritability, the object should be to diminish the former & allay the latter, believing also that the secretions in these Cases are either deficient in quantity or depraved in quality. He endeavoured to create

24th

He endeavored to excite by means of medicine. And he further states, that as the strength of our body depends upon the Nourishment we derive from our food, so we must attend to the quantity, quality & times of taking food & drink. & in regard to quantity, Mr. Abernethy justly observes that there can be no advantage in putting more food into the Stomach than it is competent to digest, for the Surplus can never afford nourishment to the body, but on the contrary becomes the source of many distressing evils.

Dr. Beaumont's observations led him to the Conclusion that within certain limits the Supply of the Gastric secretion was exactly regulated by the demand for it. so much food evoked so much Gastric juice, but that the amount of the latter was never greater than the measures of the requirements of the frame. And therefore whenever the food transgressed those measures, a portion of it remained undissolved, and even disturbed the due digestion of the rest. Dr. Abercrombie, says that various articles of food are soluble in the Stomach with various degrees of readiness. Therefore when we see that the functions of digestion is so liable & easily impaired, it is of the greatest importance to the patient not only to give up the use of those substances which are known to be soluble with difficulty, but never to put into the Stomach a Compound of different Substances, which are of different degrees of solubility. There are 2 reasons given for this Idea-

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for this Idea. 1st Because we avoid the evil consequences which such a Compound would produce. 2^d That our Appetite is not provoked to desire to eat too large a quantity, by new & various flavours

Mr. Abernethy lays it down as an axiom that in proportion as the powers of the Stomach are weak, so ought we to diminish the quantity of food, taking care however that it should be nutritive & easy of digestion, by adopting such an Absteritious plan of diet (he says) as may produce even a sensation of want in the System we do that which is most likely to create Appetite & increase the powers of digestion, and in respect to quality, Mr. Abernethy observes that this should be adapted to the feelings of the Stomach. There is another great principle which deserves our consideration, namely the period, and the amount necessary to be taken in the day, & I think that the late Professor Thomson has stated a data which is sufficient (if adopted) to carry on & promote the healthy action of digestion, & propagate vigour to all the component parts of the System, he was of opinion that three meals per day when taken in the manner alluded to was quite sufficient and that no intermediate luncheons should be taken in order to retard the progress of the healthy process.

Mr. Abernethy says that the Stomach should have time to perform one task, before another is imposed upon it the System which he adopted was to interpose no less

No less than six hours between one meal & another, allowing from three to five hours for digestion, & one hour for the Stomach to rest,

In Fevers & Inflammatory disorders says Dr. Watson experience has taught us to forbid or limit the use of flesh meat, on account of its Stimulating qualities. And when the Stomach itself is affected by Chronic Inflammation or with Morbid sensibility, a diet restricted to farinaceous Substances & Malt is sometimes attended with the happiest Consequences. He proceeds to say, I suspect that a false Analogy has led some into the mistake of supposing that Animal food ought to be refrained from or taken in a scanty proportion in merely Dyspeptic Complaints, but he observes that Animal food is easier to digest in ^{the} Human Stomach and a much smaller quantity is needed, and it is not likely to generate acidity as vegetables.

As it requires different kinds of food to meet the wants of different races of Mankind, so you will find in the same Country that it will require different kinds of diet for different Societies, and even that kind of diet which may agree with one individual's Stomach, may not agree with another's, and it has been found that what the Stomach may desire at one time, it may have no desire for it at another, hence there is the greater necessity upon the part of every individual, to take strict Cognizance of his diet. I think therefore those kinds of Substance, which

which admit of the easiest digestion, are a Combination
 of Animal and farinaceous diet, and if any the farinaceous
 should be rather more in bulk, than the Animal Dr Watson
 says that well roasted or broiled flesh or fowl with a mod-
 erate portion of well cooked vegetables is better suited, in his
 Opinion for a feeble Stomach, than a rigid adherence to either
 kind of Aliment singly. And he proceeds to say, that Water,
 earthy & Saline Substances, Organic Substances free from Ni-
 trogen - as Starch, Sugar, or oil, Organic Substances containing
 Nitrogen as Albumen - fibrine or Casein, these all should be
 present in the daily food in such quantities, as will suffice
 to make up the daily waste of the tissues, as the loss which
 takes place, owing to the process of respiration, and he con-
 sidered that when the food possesses less irritating properties
 it will be found more suitable to the functions of the Stom-
 ach, all meats, says the same Author, which has undergone the
 hardening process through the Culinary Art, should be avoided
 by the invalid, such as Ham, tongue, Sausages &c. it is
 supposed that Mutton is more readily digested than beef
 the lean part of pork is worst to digest than either Mutton
 or beef - All raw vegetables must be avoided, and I may
 here state that the late Professor William Thomson in his
 Valuable lectures in this Class room, directed the Attention
 of his Students to the Consideration, that the Scotch broth
 which were given to Dyspeptic invalids in our Infirmary
 were just made up of raw Dyspeptic Compounds

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Compounds, such they were, that it was necessary that another System of treatment should be adopted, as he estimated that they must produce injurious effects to the invalid. The drinks necessary to be taken by the Dyspeptic are likewise of great importance. And I would say that Water ought to be the staple drink of the Dyspeptic, and Mr Abernethy considers it as the only real diluent, but he thinks that it is not proper to take diluent, immediately after Meals, as it has a tendency to render the juices of the Stomach less efficacious in the digestion of our food.

Medicated waters have been recommended, and used with the greatest benefit, viz. Soda Water and likewise the waters of those springs which are impregnated with the acid of iron. Malt liquors should in my Opinion be strenuously avoided as they have a greater tendency to increase than diminish the Symptoms of Dyspepsia. In regard to Wines how far they are beneficial to the Dyspeptic I am not aware, altho. I have no doubt, that if they can be procured in their pure State they may act beneficially, and I would think those kinds best suited were the Port, Sherry, and Madeira, and these must be used in a manner to suit the former habits of the individual, if these do not answer well, a little brandy mixed with a little Soda Water will sometimes answer the end, but Dr Watson observes, that drinks which are followed by evident disturbance & discomforts are manifestly

manifestly unfit. & He says, even when a favourable effect for the time appears to be produced, there is always a risk of ultimate detriment to the powers of the Stomach from this habitual excitement. Tea seems to be very bad in this Complaint, as it has a tendency to produce flatulence and distention especially in the region of the Stomach, and when given along with a large quantity of Sugar increases its Dyspeptic tendency, and therefore if taken at all, it should be in small quantities - Coffee is much safer for Dyspeptic patients and ought therefore to be preferred. TOBACCO, in my own opinion should be avoided it not only produces flatulence with acidity - but likewise Constipation which are the most troublesome symptoms with which the Practitioner has to deal with.

We find that in tracing out the Sources of this disease that it is sometimes encouraged by certain States of the mind, and likewise from certain habits of life. Altho they may have no direct relation to the organs of digestion, yet may exercise a particular influence over these functions viz Mental distress, - Mental Solitude Mental toil &c. And therefore under these distressing Circumstances - the Patient should strenuously avoid or abstract himself from the cares & anxieties of life - from the perplexities of business and in short from the operation of those conflicting passions which harass the mind & wear out the body - He should leave his gloomy

gloomy habitation of thought & betake himself to those diverse scenes of Nature, where she has adorned with the most magnificent grandeur for the purpose of obliterating from the mind those gloomy & depressing thoughts which our Nature is prone to become the victims of. In short relaxation from Mental labour, creating anxiety and depression, is the only source from which the invalid will derive comfort.

Want of exercise seems to be another prolific source of Dyspepsia. The man who eats, drinks & sleeps may think he does well, but this is not all he should do. Man may nurse his body till once it arrives at maturity, but what is it a thin pale & feeble Specter, that is liable at all times to be pierced by the arrows of death, or laid prostrate upon a bed of sickness & it may be protracted disease. He nurses indolence for the sake of gratification. Subjects his body to painful disease, and finds himself not only pained by his friends but a burden to himself. And I would say an individual who would follow such a line of conduct as the above is either ignorantly or willingly depriving himself of one of the most valuable assistants for promoting health, namely that of taking regular exercise.

Sedentary habits are another source, and in people predisposed to this complaint, should be avoided.

but the greatest difficulty I think which comes in the way of the Medical man in the treatment of the Complaint is where the anxieties of his patient relate to his own Complaint, and

And where his mind is morbidly engrossed by his own bodily feelings, and begins to loose heart of his own recovery. Dr Watson says that the management of the mind of a Hypochondriac involves the Practitioner in great difficulties. It will not do (says the same Author) to treat him as if his ailment were imaginary, for he will disbelieve you - he will set your judgment at naught & desert you. He has no confidence whatever to place upon you. The Practitioner must therefore hasten to what his Patient has to say in regard to his own state. He must be wise shown by his Appearance to have an interest in his welfare prescribe for him, and assure him that the Malady under which he labours is quite able to be cured, so be - if he attend to the instructions laid down by him - if this object can be gained the greatest difficulties of the Practitioner are over. It will likewise be necessary in these circumstances to make him to abstract his thoughts from meditating upon any subject which might have a tendency of creating excitement or depression of spirits, as this seems to me as being one of the strange holds of this Complaint - direct the Patient to change of air, change of Society & change of scenery.

Travelling is one of the best means to be resorted to, for we find in the greater number of nervous & Hypochondriacal Complaints, the Attention of the individual is kept so strongly fixed on his own morbid feelings, as to require strong & unusual impressions to divert it from that point. therefore as Dr Johnstone observes, that the Monotony of domestic scenes

domestic scenes & circumstances is quite inadequate for the object and arguments, not only fail, but absolutely increase the Malady, by exciting irritation in the mind of the sufferer who thinks, his Counsellors are either unfeeling or incredulous towards his Complaint. In such case, the invalid should be directed to visit the Valleys of Switzerland where it would appear that ~~God~~ Nature has painted Nature with such gigantic beauty and elegance purposely fitted to draw the gloomy wanderer out of a state of misery into a state of contemplative pleasure and astonishment. Banishes the gloomy bug-bears from their strong holds, and lets the mind go free - or let him go to beautiful & romantic Italy, and the Rhine where every thing is calculated to drive away the hatchlings of a deluded mind. And not less important is the highlands of Scotland with its cloud capped mountains with its glens & Forests, where the wild deer loves to sport & rear her offspring. Its keen mountain air invigorates the whole body, combined with the novelty - variety & succession of manners & Customs of the Countries thro, which he might pass - these all are sufficient to abstract the Attention of the Dyspeptic & Hypochondriacal traveller.

Exercise says Dr Watson, carried on in open air, "a holy day from intellectual toil - Six weeks amongst the mountains of Switzerland or upon the rivers of Germany will often do more towards restoring a Dyspeptic Hypochondriac than a twelve-month regimen & physicking at home." This undoubtedly is the most paramount object in the treatment of these melancholy Complaints, and I am convinced that if this object can

can be attained, in which Mental excitement & bodily exercise were skillfully combined it would not only tend to render many a miserable life comparatively happy - but prevent many a Hypochondriac & Dyspeptic from lifting his hand against his own existence.

This principle appears to have been well understood long before Medicine was established as a Science. At the extremities of Egypt were two temples dedicated to Saturn, and to these the Melancholics or Hypochondriacs of ancient days were sent in great numbers. There the Priests worked on their bodies, as well as their minds by the pretended influence of Supernatural & real influence of Medicinal Agents. The consequence was, that miracles, or at least marvellous cures were performed.

The Romans likewise sent their invalids to Egypt for change of ~~Scene~~ - And Hippocrates has directly recommended those afflicted with chronic diseases to change the air & soil.

James Young.